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GIVING THEIR SONGS ANOTHER SHOT ON THE POPULAR NBC SHOW PAGE 10

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BOSTON

Monday, April 8, 2013

BICYCLE SALE

SEE OUR AD INSIDE!

WHEELWORKS Est. 1977

April 5th through April 10th

A FRESH START AT FRIENDLY FENWAY

PAGE 16

The Red Sox are looking to get back on the winning track at home starting with today's home opener against Baltimore. Today marks the 794th sellout at Fenway — a streak that Sox officials expect will end this month. / GETTY IMAGES

1 NEWS

MASSACHUSETTS STATE POLICE

Bedbug check leads police to five guns, ammunition

Gun crime. Police were called in after pest control workers found weapon cache.

A man and woman will likely face a judge today after a scheduled bedbug check of their apartment led to the recovery of five guns and hundreds of rounds of ammunition hidden under a mattress and under a bed.

Police were called to 16 East Brookline St., just after 11 a.m. Saturday. When officers arrived they found Boston Housing Police had two people handcuffed.

Authorities said that when pest control arrived at the city housing apartment to check for bedbugs, a worker who lifted a mattress found two guns.

Police were called in and as officers were clearing the apartment they found the couple lying on the bed and not responding to commands.

Police arrested Dannie Levy, 29, of Mattapan, and Sayira Cooper, 24, of Boston, brought them out of the bedroom and found the guns.

Police obtained a search warrant for the rest of the home and said they found three more guns, 300 rounds of ammunition and a scale in a safe under the bed.

The couple allegedly told police that the guns belonged to their cousin from Florida, but provided no more information about him.

Police also discovered a young child sitting alone and unsupervised in a chair. He was taken to his grandmother's.

Police said that when the couple was being taken out of the apartment, officers noted that on a bedroom mirror was the pest control inspection notice with the date of the check.

Both Levy and Cooper face multiple charges, including illegal gun possession.

MICHAEL NAUGHTON
michael.naughton@metro.us

Greek independence festival dances through Boston's downtown streets

Hundreds of traditional Greek dancers, bands and flag-bearers made their way through Boston yesterday for the annual Greek Independence Day parade. A heritage celebration with food and more dancing was held after the parade on the Boston Common. Mayor Thomas Menino served as one of the grand marshals. / NICOLAUS CZARNECKI, METRO

In the news

241

Boston police made 241 drunken driving arrests last year and, since 2009, impaired driving arrests have fallen by one-third, according to the Globe. Drunken driving opponents said the number is too low, especially when compared to cities of similar sizes like Washington, D.C., which had 1,633 arrests last year. Boston police noted that nearly all major roadways in and out of the city are patroled by State Police.

Local tweet

"Waited one hour for the train. The MBTA must have been hungover."

@bibeeque, assuming the T must be a frequent drinker

MBTA assault. Bus driver hit in the face with a cane

A female bus driver was taken to the hospital Saturday night after a woman scratched her in the face with a cane.

The driver was attacked around 9:45 p.m. on a Silver Line bus in the South End, between Washington and West Newton streets, according to a MassDOT spokeswoman.

The driver was taken to Boston Medical Center for treatment after the incident, and the suspect was arrested.

The suspect's identity was not available yesterday.

Transit Police have reported an uptick in violent assaults on bus drivers and trolley operators, who they say are targets for violent offenders due to the hours they work and the isolated nature of their jobs. MORGAN ROUSSEAU

Plastic bag ban

Town votes to ban plastic bags

By a two-thirds vote, residents of Manchester-by-the-Sea approved of a ban on plastic bags.

The town approved the restriction during the April 2 Annual Town Meeting, according to the Cape Ann Beacon.

The attorney general's office must approve of the ban before it takes effect July 1. METRO

Race for mayor. Community organizer jumps in, seeks post

Another candidate has come forward in the race to replace Mayor Thomas Menino.

Community organizer Bill Walczak has launched a work-in-progress website announcing his bid.

The 58-year-old told the Globe that he's "looking for a way to continue my life's work of growing my community."

Walczak is co-founder of the Codman Square Health Center and is currently president of the Codman Academy Charter Public School and vice president of Shawmut Design and Construction. He also briefly served as president of Carney Hospital. MICHAEL NAUGHTON

MBTA flute thief hits the wrong note for student

T crime. A man allegedly stole a Berklee music student's $4,000 flute.

Transit Police are searching for a man who allegedly stole a $4,000 flute from a Berklee College of Music student last month.

The 21-year-old student told police she placed the flute on a bench at Park Street MBTA Station around 11:40 a.m. on March 25, then mistakenly left it there as she boarded a Red Line train.

A surveillance camera captured a man pick up the flute and board the next train. The MBTA released the image yesterday in an effort to locate the instrument because, according to police, the student "is devastated."

The suspect /TRANSIT POLICE

"She is on a scholarship," Transit Police said in a statement. "As part of the scholarship agreement, she needs the instrument to fulfill her obligations to the school. She also teaches music and requires the use of her flute to do so."

"The loss of her instrument has significantly affected her personally, and she would be grateful to anyone who facilitates its return," police said.

The MBTA released statistics last week that showed a significant percent drop in serious crimes on the T. Larcenies, in particular, were down 48 percent in the first quarter of 2013, compared with last year.

MORGAN ROUSSEAU
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Hundreds walk for change

The Boston Area Rape Crisis Center yesterday held its eighth annual Walk for Change, a benefit to help fund the center's free services. Hundreds of people turned out for the walk, which took place at Canal Park in Cambridge. / NICOLAUS CZARNECKI, METRO

Apple picking

Teen arrested in T iPhone thefts

A Dorchester teen was arrested Thursday, two weeks after he allegedly went "Apple picking" at Savin Hill Station.

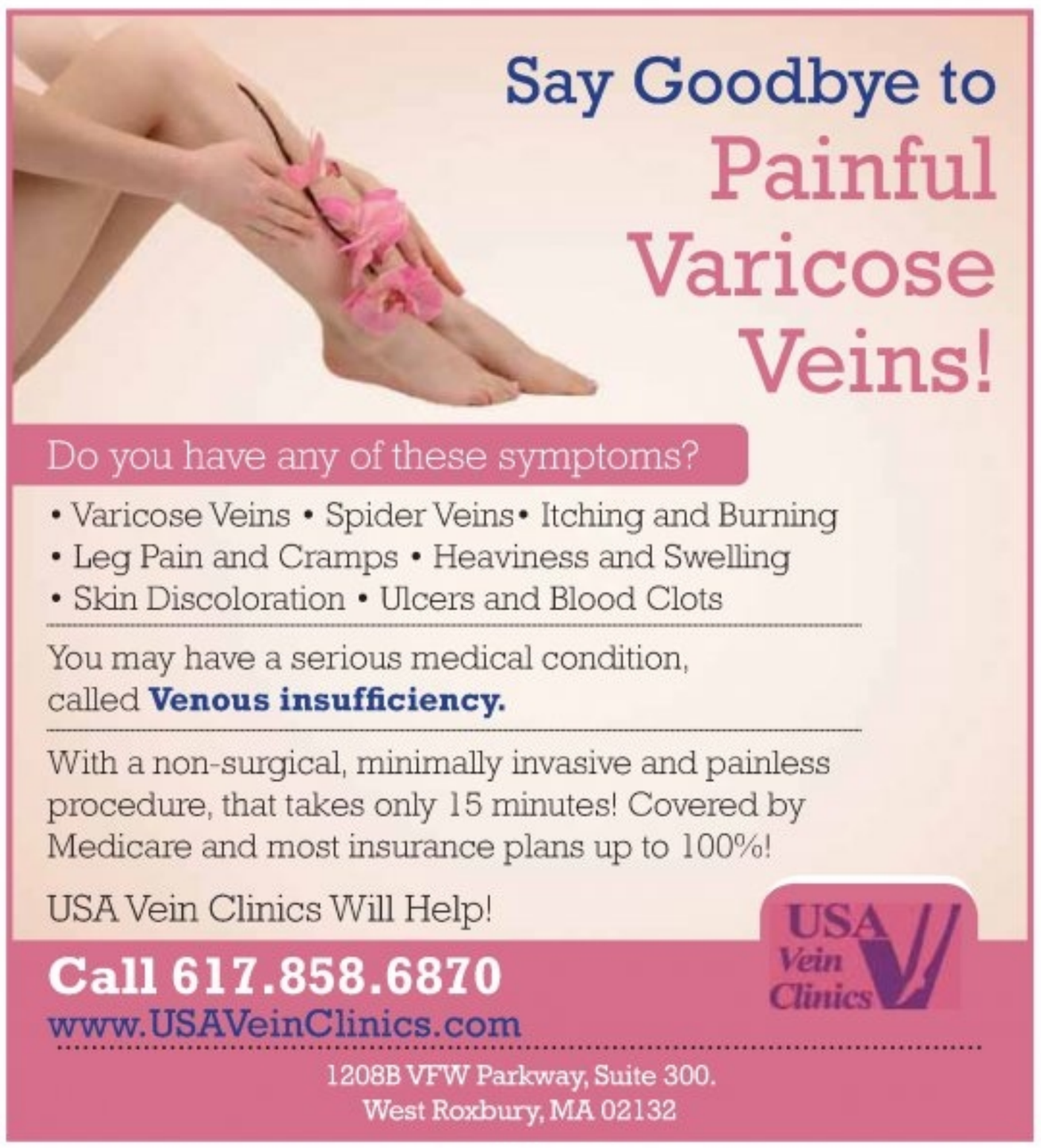
The boy, 16, allegedly snatched a woman's cell phone on the Red Line and fled. METRO

Logan dry run

'Wings for Autism' event held at Logan

Logan International Airport on Saturday held a dry run of sorts on Saturday.

"Wings for Autism" was meant to help families prepare for the flying process, which officials said can be stressful for autistic children due to the long lines, loud noises and the unfamiliarity of an airport. METRO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A B-52 bomber flies over Osan on March 19, 2013, as part of joint U.S. and S. Korea military drills. / GETTY IMAGES

China warns against 'troublemaking' on Korean peninsula

High tensions. China has shown growing irritation with Pyongyang's warnings of nuclear war.

China warned against "troublemaking" on its doorstep, in an apparent rebuke to North Korea, and the United States said it was postponing a missile test to help calm tension on the Korean peninsula.

The North has been issuing vitriolic threats of war against the United States and U.S.-backed South Korea since the United Nations imposed sanctions in response to its third nuclear weapon test in February.

Pyongyang's anger appears heightened by U.S.-South Korean joint military exercises. But most analysts say it has no intention of starting a conflict that would bring its own destruction and instead is out to wring concessions from a nervous international community.

Quoted

"We oppose provocative words and actions from any party in the region and do not allow troublemaking on China's doorstep."

Chinese Foreign Minister Wang Yi

The North told diplomats late last week to consider leaving Pyongyang because of the tension, but embassies appeared to view the appeal as more rhetoric and staff have stayed put.

South Korea said it was ready for any kind of action that the North's unpredictable leaders might make — including a possible missile launch — by Wednesday, after which the North said it could not guarantee diplomats' safety. REUTERS

Peace offer

Swiss offer to mediate in N. Korea crisis

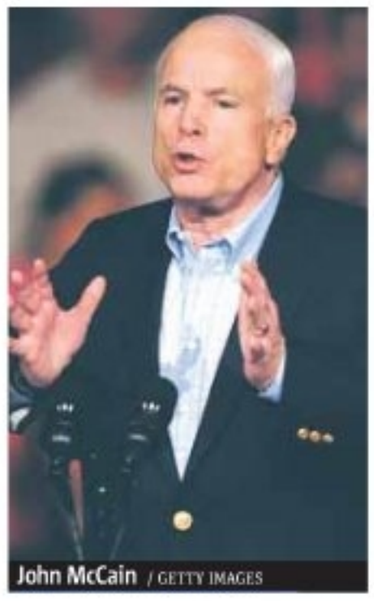
Switzerland has offered to mediate with North Korea as tension rises on the Korean peninsula.

The Swiss foreign ministry recently made contact with the North Korean authorities, but there are no current plans for any talks, a spokeswoman said. REUTERS

Crisis. United States lawmakers say China has failed to rein in bellicose N. Korea

China has failed to use its influence to stop North Korea's warlike rhetoric U.S. lawmakers said yesterday.

Republican Senator John McCain criticized China's "failure to rein in what could be a catastrophic situation," saying Beijing could step up pressure on Pyongyang by using its influence over North Korea's economy. REUTERS



John McCain / GETTY IMAGES

Goodwill. Politica battle over donation boxes erupts in California

A political fight over charity collection boxes is brewing in California, where property owners complain that the boxes are sometimes dropped on to their land without permission, becoming magnets for graffiti and shelter for transients.

Goodwill Industries International, the most established of such U.S. charities, has pushed for years for regulation of donation boxes, and a California state senator has taken up the cause with a bill that would make it easier for property owners to have unauthorized boxes towed away.

State and local governments elsewhere in the United States — including Florida, Massachusetts, Michigan, Arizona and North Carolina — have also stepped in to try to regulate the boxes.

Americans plop tens of millions of dollars worth of used clothing into the boxes each year, creating big revenue streams for charities and for-profit companies alike.

The regulatory battle over the boxes, now in its fifth year in California, exposes the high stakes in the competitive world of charity fund-raising.

Goodwill executives worry that messy, untended boxes, sometimes owned by companies that are not affiliated with charities at all, give legitimate clothing collectors a bad name. **REUTERS**

A Goodwill donation box
WIKIPEDIA

Red meat's other hidden heart perils

Previous research has shown that high levels of meat-eating are linked to cardiovascular risk, due in part to the saturated fats and cholesterol in meat.
GETTY IMAGES

Health. Carnitine is also found in fish, poultry, wheat and some vegetables.

The fat and cholesterol found in a steak may not be the only components bad for the heart, according to researchers who have found another substance in red meat that can clog the arteries.

The substance is called carnitine. As bacteria in the gut breaks it down, it turns into compound known to harden arteries, according to a study published yesterday in Nature Medicine.

What's more, people who eat a lot of meat allow more of the bacteria that convert carnitine to the harmful compound to grow, increasing its effect. Previous research has shown that high levels of meat-eating are linked to cardiovascular risk, due in part to the saturated fats and cholesterol in meat. However, the higher levels of these ingredients aren't enough to explain the difference in heart disease between meat-eaters and vegans or vegetarians.

The study may begin to explain the difference. **BLOOMBERG**

Quoted

"The bacteria living in our digestive tracts are dictated by our long-term dietary patterns."
Stanley Hazen, study author

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Politics. GOP senator sees Obama budget offer as positive

South Carolina Sen. Lindsey Graham became the first prominent Republican to publicly praise, however lukewarm, the budget proposal the White House outlined last week.

Graham said that while he believes President Barack Obama's plan is overall bad for the economy, "there are nuggets of his budget that I think are optimistic."

Graham, a conservative who has deviated from party positions in the past, has said he would consider raising up to $600 billion in new tax revenue if Democrats accept significant changes to Medicare, the government health program for elderly Americans, and Medicaid, the health safety net for low-income people.

The president would propose a budget that would offer cuts to so-called entitlement programs such as Social Security, a retirement program, and Medicare in exchange for increased tax revenues and a commitment to spend money on education and infrastructure repair. **REUTERS**

Middle East peace

Kerry urges Turkey, Israel to reconcile

Secretary of State John Kerry yesterday urged Turkey and Israel to restore full relations, calling it vital to regional stability, but said it was not up to Washington to dictate the conditions of rapprochement.

An Israeli-Turkish reconciliation could improve regional coordination to contain spillover from the Syrian civil war and ease Israel's diplomatic isolation in the Middle East as it faces the challenge of Iran's nuclear program.

Kerry said it was imperative for Israel to honor its commitment to pay compensation to the families of those who were killed by Israeli marines aboard a Turkish vessel trying to break a naval blockade on Gaza in 2010.

He was speaking in Istanbul two weeks after President Obama brokered a thaw between Turkey and Israel, whose relations were frozen by the killing of nine Turkish citizens in that raid on a Gaza-bound flotilla. **REUTERS**

Immigration bill expected this week, senators say

GOP. A bipartisan group from the Republican-led House of Representatives is working on its own version of immigration reform.

People participate in a protest that organizers said was an attempt to get the U.S. Congress to agree to immigration reform. / GETTY IMAGES

A bill to overhaul the immigration system would likely be completed by the end of this week, two senior senators said yesterday.

Democratic Sen. Charles Schumer of New York said that senators in the bipartisan "Group of Eight" have resolved all major issues in a pending deal and that their staffs are putting the bill into legislative language.

"All of us have said that they'll be no deal until the eight of us agree to a big, specific bill, but hopefully we can get that done by the end of the week," he said yesterday on CBS' "Face the Nation" program.

"There have been kerfuffles along the way, but each one of those thus far has been settled," said Schumer, a member of the group, which has four Democrats and four Republicans.

The U.S. Chamber of Commerce, the biggest U.S. business group, and the AFL-CIO, the largest labor federation, reached an elusive agreement on a guest-worker program late last month, clearing the way for the writing of a full bill.

The legislation will include an earned pathway to U.S. citizenship for an estimated 11 million undocumented immigrants, bolstered border security and ways for business to meet the need for both high-skilled and low-skilled workers.

Republican Sen. John McCain of Arizona, appearing with Schumer, agreed that a bill would be ready soon and said the legislation would address the needs of both business and labor with a guest-worker program. **REUTERS**

Quoted

"We need to have a path to citizenship, and we need to have secure borders."
Sen. John McCain

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Education goes massive

A class with several thousand students? MOOCs make it happen. / FUSE

Academics. Massive open online courses allow thousands of students at once to complete coursework over the Internet.

Not too many university lecture halls can accommodate 37,000 students, but campus space is no hurdle for the growing number of MOOCs — massive open online courses — offered by top universities to students around the world. Many of the courses available have no prerequisites and are open to people of all ages and nationalities. Coursework can be completed remotely over the Internet, and it covers topics as diverse as epidemiology, Greek literature and introductions to musical instruments.

Several dozen universities worldwide have begun offering free online courses to increase access to quality education using resources made possible by modern technology. Anant Agarwal, president of edX, a Harvard and MIT-based nonprofit offering several such MOOCs, believes it might be time to rethink education.

"If you walked into a classroom 100 years ago and walked into a classroom today, not much has changed. Almost every other field has changed completely," Agarwal said.

The edX experience is designed to mimic many aspects of a traditional university course. The 730,000 edX students from 192 countries have access to video lectures, interactive exercises, discussion forums and virtual laboratories. Students receive grades through a computer grading system and can interact with one another to get help and collaborate on assignments. Upon passing the course, each student receives a certificate with a unique ID number that can be verified by employers.

The flexibility offered by MOOCs can be attractive to nontraditional students. After taking a few years off work to raise her children, Kirsten Hashemi enrolled in an edX course on statistics and epidemiology called Health and Numbers to return to the research roots of her undergraduate studies.

"The biggest benefit of the way that edX is set up is they have multiple ways of engaging the community," Hashemi said. "The variety made it more fulfilling than I anticipated."

Hashemi described her surprise at the level of challenge offered by the course, which assigned weekly homework and drew from electronic textbooks. "This was not a blow-off course, but they provided us with everything we needed to do it."

Log on?

Man vs. machine

While MOOCs are designed to convey the same knowledge to students as their traditional counterparts, they are aspects of university life that cannot be replicated electronically.

"On a university campus, students can speak one-on-one with the professor, do research and learn how to work in a community," Agarwal explained. "At the end of the day, things you learn at a university are simply different than things you learn from an online course."

NATALIE SHURE
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CULTURE

Twitter feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Jason Mraz may not have the firmest grasp on the concept of reincarnation, Ewan McGregor is taking a bath outdoors in Australia, Elizabeth Hurley needs tech support and Lena Dunham has poetic yearnings.

@jason_mraz: My phone's about to die. I hope it comes back as a taco.

@mcgregor_ewan: Outside Bath at @ElQuestro Homestead. Had to do a paparazzi sweep of the rocks first!

@ElizabethHurley: Help please! Idiot proof instructions on how to post on Instagram!!

@lenadunham: I do occasionally wish I was more theoretical and more slim in that odd way poets often are

1

Jonathan Knight walks off the stage during concert

Jonathan Knight, one-fifth of the New Kids of the Block, is apologizing to fans after walking off the stage from his group's concert on Thursday in New York City after being overcome with anxiety, Us Weekly reports. The New Kid, who told Oprah Winfrey 12 years ago that he suffered from panic attacks when NKOTB took off, appeared pretty uncomfortable right from the get-go of Thursday's show, lying low while the rest of the guys jumped around enthusiastically and reportedly checking his cell phone mid-set. When it was time for him to sing a solo, he left the stage. The group soldiered on without him, and Knight apologized to fans via Twitter. The next day, all five took the stage on the "Today" show, and the group tweeted that "all is well" with Knight.

THE WORD

Meredith Engel's take on the world of gossip

MEREDITH ENGEL
@meredithatmetro
meredith.engel@metro.us

Halle Berry preggo again

Halle Berry and fiance Olivier Martinez are expecting a visit from the stork come fall, her rep confirmed to People magazine on Friday. This will be the second child for Berry, who already has a 5-year-old daughter, Nahla, with ex Gabriel Aubry. Aubry was ordered to stay 100 yards away from Berry, Nahla and Martinez after a Thanksgiving brawl that got him arrested, so it looks like Berry is totally kicking ass in this battle of the exes.

3

Sorry, you're not on the list

Angelina "Trash Bags" Pivarnick, everyone's favorite former "Jersey Shore" housemate, has been rejected again — this time, by the WWE, who wouldn't grant her tickets to Wrestlemania 29 this weekend. (I know, I'm shaking my head, too). TMZ reports that the Staten Island Dump, as Vinnie lovingly nicknamed her, tried calling every WWE employee she could and even played up the fact she used to wrestle for TNA Impact (whatever that is). WWE sources say that they were "unable to accommodate her request due to overwhelming demand for tickets," which I'm calling B.S. publicist speak for "nobody wants you there."

AJ McLean shows off hair transplant

In other '90s boy-band news, Backstreet Boy AJ McLean took to Instagram on Saturday to show off a newly full head of hair. And he wasn't shy about how it happened: "Some girls get there [sic] boobs done some guys get abb [sic] implants all to make them happy! This was the one thing I did and I couldn't be happier thank u dr G!!!!"

Here's hoping McLean didn't bring a picture of Jon Gosselin's hair plugs to the appointment and tell Dr. G. "I want it that way."

Dr. Phil not shilling for Arias family

Dr. Phil McGraw, who helps families sort through drama like "My husband is a fugitive, but I love him" on his talk show, says there is one case he's keeping his distance from: the Jodi Arias murder trial. Rumors swirled on Saturday that the TV doc was paying for the Arias' family housing during her trial for the murder of her boyfriend. But Dr. Phil was quick to defend himself on Twitter, calling the allegations "absolutely untrue."

Wavves of mutilation

Wavves play a sold-out show at Brighton Music Hall tonight. / NOEL VASQUEZ, GETTY IMAGES

Music. Don't ask Wavves to DJ your next party or to expound upon the lyrics on their new album, "Afraid of Heights." Just try to enjoy their snotty punk sound and their snotty punk attitude.

Every now and then you'll see a listing for a band you like, but the words "DJ set" will be encased in a set of parentheses after the band's name. These two words serve as an obvious warning so you won't be disappointed if you're expecting the band to play their own hits live. But those two words don't properly warn you that you may also be disappointed by the band's DJ skills.

"It was literally a room-clearing set," remarks Wavves singer Nathan Williams about one such stint he did in Toronto this past weekend. There is more than a trace of excitement in his voice as he recounts the gory details.

"People were booing us," he says. "It was actually a really good DJ set, but they didn't like it. We played Powerman 5000, Korn, Bobby McFerrin, Sugar Ray. … I think with this one in particular, they wanted us to play like Ratatat or some indie dance music, so we decided to go for an experimental set, and then we did karaoke over all of the songs."

There's always been a fun snottiness about Wavves and this prank is typical of Williams' approach.

"You've gotta keep people on their toes," he says.

When asked to open up about topical specifics of "Afraid of Heights," the new Wavves album, Williams offers little insight.

"I try not to think about almost anything that I write," he says. "I prefer it to just come out and be whatever it is, almost like stream of consciousness."

If it sounds like he's coming across like a punk, that's because he is. But that's fitting enough. And like Wavves' music, there's something affable about this smug punk delivery. When asked how his band is treating the live performance of the occasionally more sophisticated songs of "Afraid of Heights," it's telling what he shares first.

"They're harder to play drunk," he says.

PAT HEALY
pat.healy@metro.us

The Coast is clear?

When asked if he thinks people will read into any relationship lyrics about his own public relationship with Best Coast singer Bethany Cosentino, Williams counters that there are no lyrics about relationships on the current album. "People are going to think whatever they're going to think, and you can't change that," he says. "It doesn't matter anyways."

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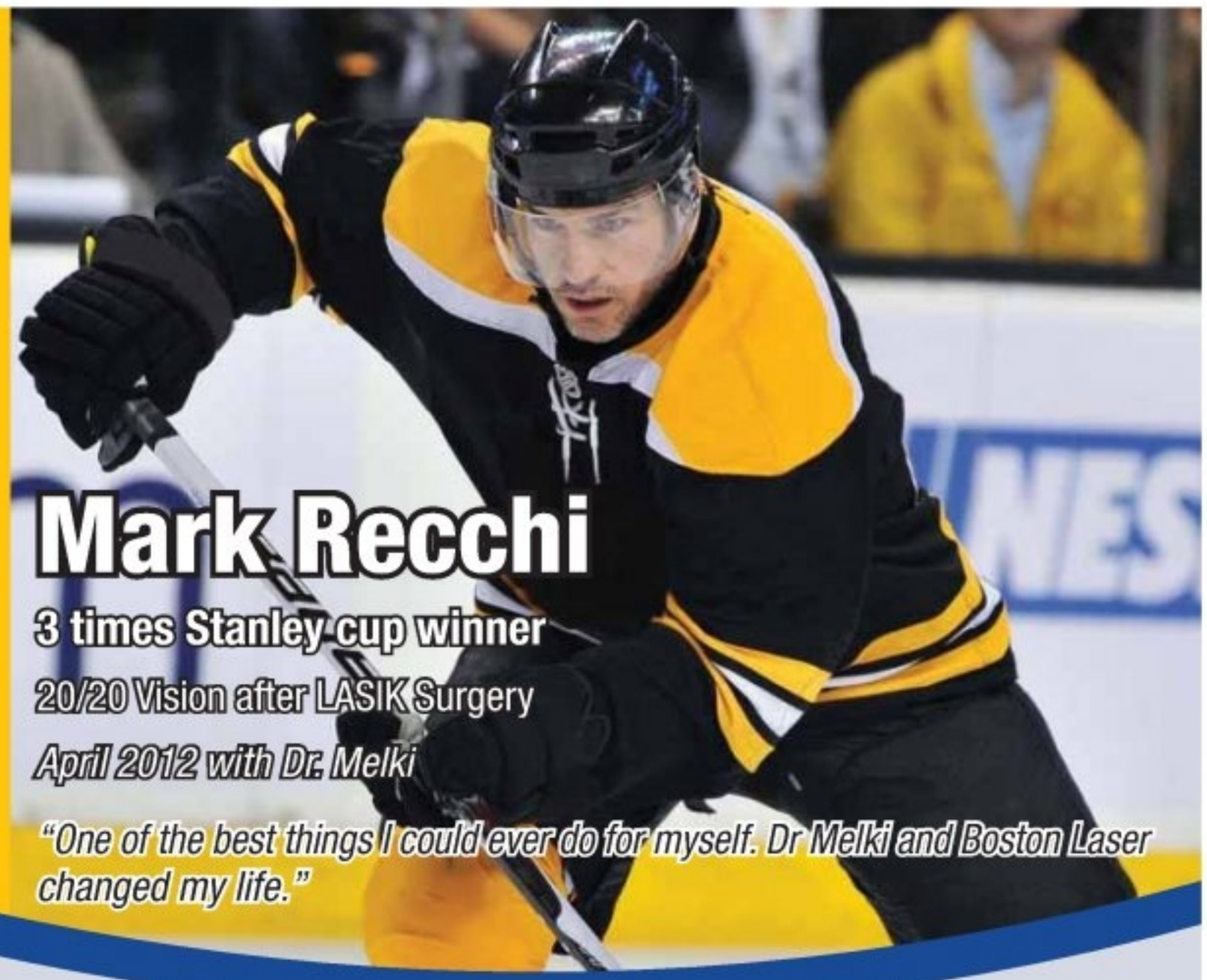
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Garrett Gardner is back for more.
NBC/NBCU PHOTO BANK

So is Holly Tucker.
NBC/NBCU PHOTO BANK

Taylor Beckham is new to "The Voice."
NBC/NBCU PHOTO BANK

Television. While there are plenty of new faces on the NBC singing show, there are a few familiar ones as well.

Keeping up with the various singing competitions is a tall task — you have to commit two nights of your TV-watching week, and once you find a contestant to root for, he or she could be gone the next week — but when "The Voice" came back late last month for its fourth season, there were a few familiar faces along with the new ones.

Veteran judges Adam Levine and Blake Shelton welcomed newbies Shakira and Usher to the judges table, and there was a mix of old and new amongst the contestants during the premiere's blind auditions.

Contestant Garrett Gardner says he didn't let previous seasons' disappointment stand in the way of auditioning again.

"I took into account what, in particular, Blake had told me — because he was really the one who gave me some really harsh but much-needed constructive criticism," says the 17-year-old singer, who wowed Shakira enough with his version of the White Stripes' "Seven Nation Army" to make it onto her team.

Holly Tucker is also no stranger to "The Voice." The Texan, who made it onto Blake's team, auditioned for Season 1 of the competition.

Tucker says she values that the judges couldn't see her while she sang: "I've been judged in the past, and it's something that you just have to get a thick skin and learn to deal with — which is what I think I've done over the past years," she says.

MARY ANN GEORGANTOPOULOS
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Quoted

"I took into account what, in particular, Blake had told me — because he was really the one who gave me some really harsh but much-needed constructive criticism."

Garrett Gardner
Contestant on "The Voice"

Why not 'Idol'?

'The best option'

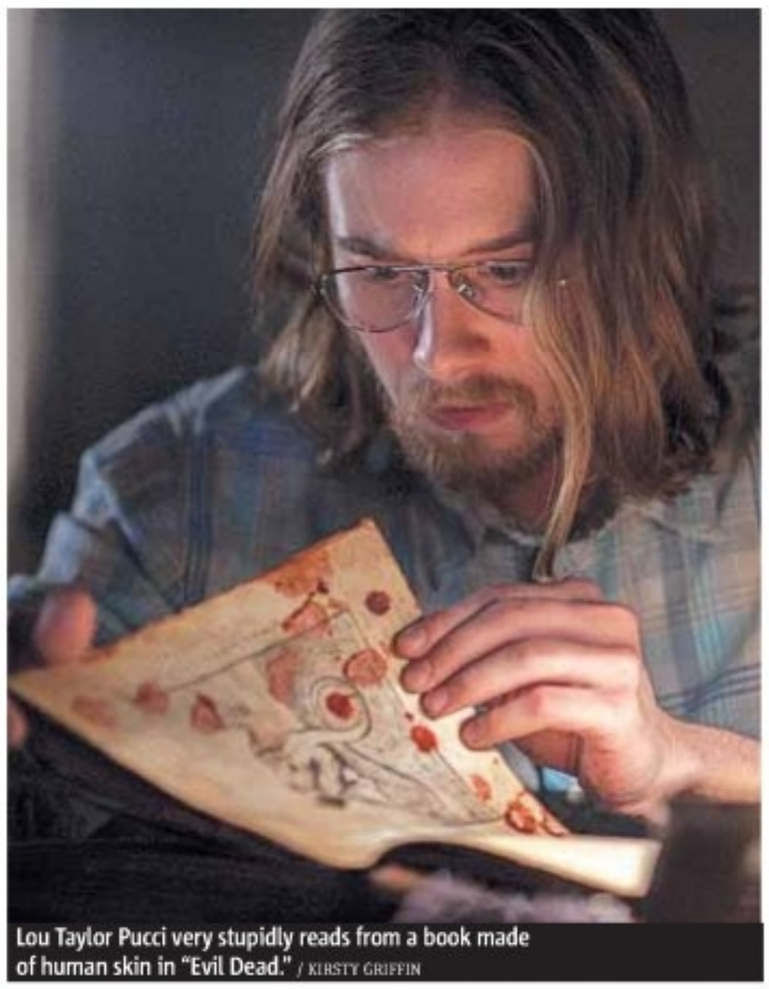
"I auditioned for 'American Idol,' and they're actually the reason I auditioned for 'The Voice,'" Gardner says.

Taylor Beckham, who made it on Team Usher, says, "I just really believed in 'The Voice.' ... I thought it was the best option for me."

Quoted

"I've been judged in the past, and it's something that you just have to get a thick skin and learn to deal with — which is what I think I've done over the past years."

Holly Tucker
Contestant on "The Voice"



Lou Taylor Pucci very stupidly reads from a book made of human skin in "Evil Dead." / KIRSTY GRIFFIN

'Evil Dead' killed the 3-D dinosaurs

Box office. This weekend, a remake of a 1981 horror classic outgrossed a re-release of a 1993 blockbuster.

"Evil Dead," the blood-drenched remake of the 1981 horror classic "The Evil Dead," scared up $26 million in its first weekend to win the box office race, slashing past another familiar story, the 3-D re-release of Steven Spielberg's 1993 dinosaur blockbuster "Jurassic Park."

The supernatural story of five 20-something friends who battle demons in a remote cabin, "Evil Dead" far surpassed industry projections of about $20 million for the film following a strong $1.8 million in midnight showings on Thursday.

Last weekend's box office leader, "G.I. Joe: Retaliation," fought its way into a virtual tie with animated Stone Age comedy "The Croods," now in its third week in theaters, with each taking in $21.1 million, according to estimates from Hollywood.com's box office division.

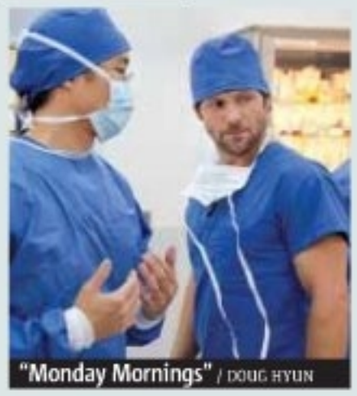
The 3-D "Jurassic Park" re-release was fourth with $18.2 million in ticket sales, and "Olympus Has Fallen" rounded out the Top 5 with sales of slightly more than $10 million, squeaking past "Tyler Perry's Temptation", which came in sixth at $10 million.

REUTERS

Top 5 earners

1. 'Evil Dead' $26 million
2. 'G.I. Joe: Retaliation' $21.1 million
2. 'The Croods' $21.1 million
4. 'Jurassic Park' $18.2 million
5. 'Olympus Has Fallen' $10 million

TV watch list



"Monday Mornings" / DOUG HYUN

REALITY

'Alien Mysteries'

Is it ethical to categorize a show that centers on alien mysteries as 'reality' programming? We think it probably isn't. **10 P.M., DA**

DRAMA

'Being Human'

It is nice to have as many vampire-related distractions as possible until "Twilight" is resuscitated. Couldn't reality TV stars just take up neck-biting? **9 P.M., SYFY**

DRAMA

'Monday Mornings'

Catch the season wrap of another interchangeable medical drama, this one with Ving Rhames. **SEASON FINALE, 10 P.M., TNT NATALIE SHURE**

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Smarts. How to remember anything

You can't remember how many times you've lost your keys — that's how bad your memory is. Break the cycle with some advice from Nelson Dellis, who recently placed second at the U.S.A. Memory Championship in New York City.

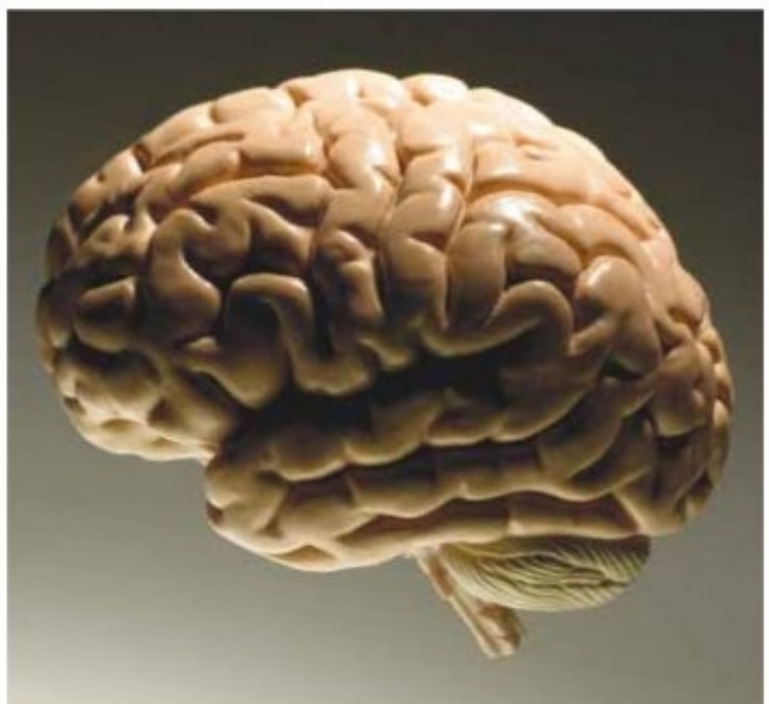
1 **Think in pictures.** The brain prefers pictures, not abstract images (numbers, names, concepts). Turn whatever it is you are trying to remember into pictures.

2 **Store them in a familiar place.** Take your home, and mentally walk through it while placing the pictures of what you are trying to memorize along a specific path. Then, when it comes time to recall the information, just mentally walk right back through the place and your pictures will be waiting there for you.

3 **Think crazy, bizarre, funny, gory, erotic.** Make those pictures over-the-top and out of the ordinary. We remember those better.

4 **Stay active.** Your brain needs blood to work smoothly. Staying fit keeps circulation to the brain at its best.

5 **Eat right.** Include omega-3 DHA in your diet. A lot of people think that fish and fish-oil pills are the only ways to get DHA, but in fact there are algal (vegetarian) options. I take Life'sDHA Brain Armor, which is an algal DHA supplement for athletes. METRO



The wackier the mental image, the more likely you are to remember it.
GETTY IMAGES, CREATAS RF

Zen in the city

GABBY BERNSTEIN
AUTHOR OF "SPIRIT JUNKIE"
WWW.GABBYB.TV

DITCH THE HABITS THAT HOLD YOU BACK

Throughout my life I've given up many bad habits. Most recently I got off coffee. Letting go of coffee was not easy. In fact, strange as it may sound, it was even harder than when I got sober eight years ago and gave up drugs and alcohol. Caffeine was my last drug, and because it wasn't killing me I continued to give myself permission to drink it.

One of the main reasons we stay stuck in habits we know don't serve us is because of our permission-giving thoughts, such as "One cup of coffee a day won't kill me" or "I only drink on weekends." These thoughts keep us convinced that there is nothing wrong with our behavior even though deep down we know it isn't right.

In many cases, we use our bad habits to avoid dealing with something much more difficult. In my case, I was using coffee as a final vice. As a sober woman, I felt I deserved to have something I could turn to when I felt I needed a jolt. This habit seemed harmless, but when I got honest with myself it became clear that I was just using the coffee as another drug. I came to realize that I had to stop giving myself permission to drink coffee.

Breaking a bad habit can be really uncomfortable at first. To help you ease into the process, I've outlined the three steps that worked for me when I put down the coffee.

Step 1: Keep it in the day

One of the main reasons we get tripped up when we try to change a habit is that we start future-tripping. When I was first letting go of coffee, I'd project onto the future with thoughts such as, "What will I do when I'm in Europe and I want a cappuccino?" What helped me most during these future flip-outs was to simply keep it in the day. I would tell myself, "I don't need to worry about tomorrow. Today I choose not to drink coffee." One day at a time, I've stayed committed.

Staying in the moment can help you break a vice keeping you from your best.
GETTY IMAGES, WAVEBREAK MEDIA

Step 2: Change your breath pattern

Whenever you notice yourself about to relapse, take a long, deep breath. As you change your breath, you change your energy. Your calm and centered energy will support you in positive behavior.

Step 3: Make it joyful

Letting go of a habit doesn't have to be torturous. To really change, we need more than just willpower: We must find the joy and curiosity in it. Letting go of a bad habit is really just creating a new habit. In it, you can find happiness. In my case, I chose not to dwell on the loss of coffee, and instead I fell in love with tea.

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Horoscope

♈ Aries | March 21 - April 20.
It isn't likely that you'll tolerate anything that inhibits your mobility and independence. Loose chitchat poses a distraction you will find especially annoying.

♉ Taurus | April 21 - May 21.
You'll be more self-assured at the onset of an undertaking than you will be as matters progress. Don't allow self-doubts to distort your positive outlook.

♊ Gemini | May 22 - June 20.
It's OK if your instincts urge you to take on more than is expected of you, as long as you don't step on anyone's toes in the process.

♋ Cancer | June 21 - July 22.
The possibilities for you achieving all of your objectives today look to be pretty good, as long as you make a game plan first and don't try to alter them along the way.

♌ Leo | July 23 - Aug. 22.
The secret to achieving what you want is to not put any limitations on your thinking. You need to be free to use the entire scope of your smarts and imagination.

♍ Virgo | Aug. 23 - Sept. 22.
The perceptions of some of your associates might be keener than yours. Just because you fail to see as they do, don't belittle their hunches.

♎ Libra | Sept. 23 - Oct. 22.
Someone you like might require extra compassion. Don't try to reach this person through reason; he or she needs emotional help, not logic.

♏ Scorpio | Oct. 23 - Nov. 21.
One of the worst things you can do at this point is goof off. If you fail to keep up with your responsibilities, a hard rain is going to fall.

♐ Sagittarius | Nov. 22 - Dec. 21.
There are times when it is wise to allow your heart to rule your head, and this might be one of them. Make a point to go out of your way to be nice to someone who needs some kindness.

♑ Capricorn | Dec. 22 - Jan 20.
This can be a very productive day if you dedicate yourself to your undertakings. Make it a rule not to begin anything you have no intention of completing in a timely fashion.

♒ Aquarius | Jan. 21 - Feb 18.
If you go out gallivanting, leave word as to how you can be reached. Someone is going to be very anxious to get in touch with you, and you won't want to miss him or her.

♓ Pisces | Feb. 19 - March 20.
When dickering over a commercial matter, you should be firm about your terms. It will cost you both money and the advantage if you let yourself seem weak. BERNICE BEDE OSOL

Letters

We all depend on kindness of strangers

Thursday morning, I boarded the train like every other day. What threw me off was passing out and an entirely unexpected seizure. I want to take the opportunity to thank those who helped a stranger passed out on the floor of the train rather than simply step over him, including the physician who was kind enough to wait with me until more help came and I was taken to the hospital. Some days humanity makes you proud.
SHAWN FARRELL, VIA E-MAIL

Bad cop, no ice cream

Re: "The cold facts on an urban menace" (Metro, April 4) Edward Kowalski doesn't like the sound of ice-cream trucks. Ok, that's a reason to try to get them regulated and to get existing ordinances enforced. But doing it so the city can make money off of fines? No. That's not an acceptable reason. Using enforcement to make money is corruption — whether it's speed traps, seizure of assets distantly connected to a drug deal or just legalized racketeering.
DAN WYLIE-SEARS, VIA E-MAIL

Driver puts bad spin on road cycling

Re: "There's only room on the road for one" (Metro, April 5-7) Why can't drivers understand that bikes are part of traffic? How is sharing the road "inherently dangerous"? When you get behind the wheel of your car, you are under a legal obligation to pay attention and drive carefully. Being in a car does not give you superior rights to the road. I ride my bike safely on the streets and have had very few problems.
JOE MANTON, VIA E-MAIL

letters@metro.us
Keep them a brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

4	1					3	8	
			5			9		7
6				4	3			
2				3	7			
5	6						3	1
			4	1				9
			1	7				3
1		2			8			
	3	7					9	4

	8		2	1	3			
3				4		6	1	
1		4		5	7			
	7							
8		2				1		5
							9	
			5	8		3		6
	6	8		7				2
			9	6	4		8	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Emperor after Nero
6 Bad air
10 Trig or calculus
14 Euclidean statement
15 Drifter
16 Throb
17 Ms. Witherspoon
18 Give off
19 Turkish coin
20 North Atlantic crustacean (2 wds.)
22 Chillier
24 Vindictive goddess
25 Whispered loudly
26 Showy shrub
30 Go over rapidly
32 Artemis' mother
33 Honey
35 Brick bakers
40 Pugilist Jack –
42 Crocodile Dundee et al.
44 Height, to a cager
45 Frisk about
47 Coup d'–
48 Mars, to Plato
50 Iron alloys
52 Moonshot mission
56 Urgent request
58 Gross out
59 Pensioners
64 Two-piece cookie
65 On a voyage
67 Triton's trumpet
68 Dawn, to a poet
69 Tops and trains
70 Energy source
71 LL.D. holder
72 Besides
73 Gush forth

Down
1 Duds
2 Ice skater's leap
3 In— of
4 Speaker brand
5 "Cocoon" star
6 Prune
7 Kenya port
8 Teahouse attire
9 Gleeful shout
10 Shopping venues
11 Etching fluids
12 A crowd?
13 Eavesdropped
21 "The Cloister and the Hearth" author
23 Barnyard sounds
26 Swit co-star
27 Zorro's marks
28 S&L conveniences
29 Go at an easy gait
31 Hit the books
34 Bronte's Jane —
36 Uh-huh (2 wds.)
37 Lo-cal
38 "Hud" Oscar winner
39 Former JFK arrivals
41 Play for time
43 Capsize
46 Fish hawks
49 Spin around
51 Meditative martial art (2 wds.)
52 Good smell
53 Campaigner Ross —
54 Apparent
55 Batty
57 Rental agreement
60 Orbison and Rogers
61 Wraps up
62 Beige
63 Pump or flat
66 Our sun

Weekend's answer

L	I	N	G	O	■	A	C	R	I	D	■	P	E	G
O	N	A	I	R	■	L	L	A	M	A	■	O	U	I
S	C	E	N	E	■	B	U	M	P	Y	■	E	B	B
■	■	■	G	H	E	E	■	C	U	T	I	E	■	■
C	O	T	T	A	G	E	■	A	M	A	S	S	E	D
A	M	O	U	N	T	■	S	P	A	R	S	■	■	■
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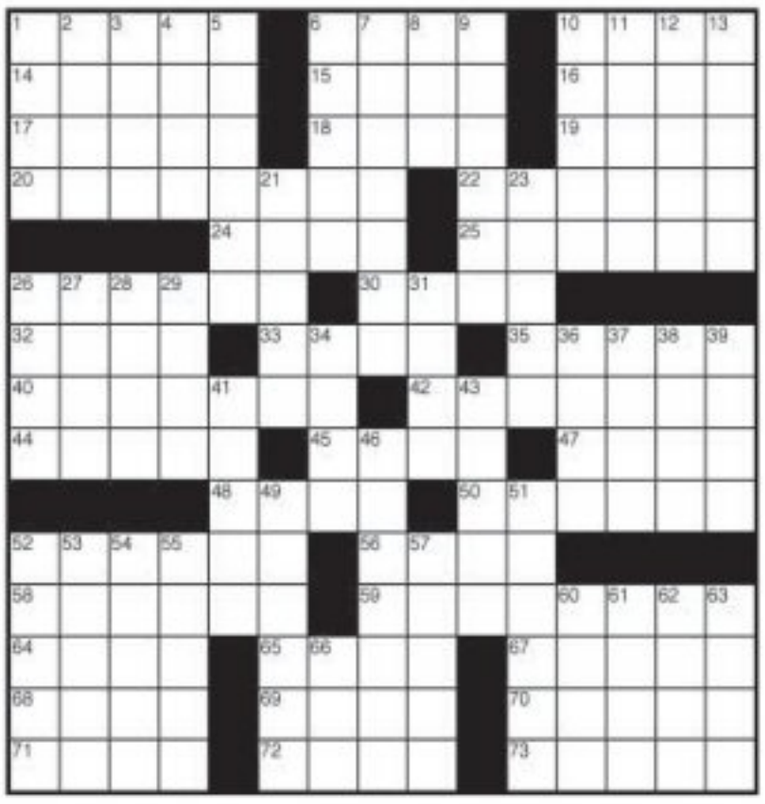

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How leaning in really happens

Careers. Six NYC businesswomen speak out about Sheryl Sandberg's best-seller.

Facebook COO Sheryl Sandberg's new book, "Lean In: Women, Work, and the Will to Lead," has topped both the New York Times and Amazon best-seller lists for weeks. In it, she argues that women hold few leadership roles in part because of their own internalized fear and doubt. She urges women to "lean in": Accept responsibilities without hesitating, promote themselves and not "leave before you leave," her catchphrase for bowing out to have kids long before pregnancy. Critics have deemed the elite and fortunate Sandberg an unfit mouthpiece for all women; others argue that she doesn't intend to be. A more specific response follows, as some of the city's most successful working women weigh in.

JANE BORDEN
letters@metro.us

LEAN IN

WOMEN, WORK, AND THE WILL TO LEAD

SHERYL SANDBERG

1 The advice

Lebenthal: "Think of your goal as a destination on a map: Without knowing where you are going, it will be impossible to get there."

A. White: "At times I have 'leaned out,' choosing family over work. I skipped traveling to an important internal meeting last fall to go to my son's first day of kindergarten. ... Working mothers face these trade-offs all the time, and they can be extremely difficult."

C. White: "I have to work, which sometimes means that family needs to arrange itself around my work. However, I've never felt any significant guilt about that. We all benefit."

Anvik: "A female executive, when I started my first job, said, 'I want to help you be amazing. You make me look good. I move up, and you move up. Then the next girl that comes in, we'll help her too. This is not competition; it's cooperation.'"

2 The Experience

DeCesare: "While I was on maternity leave, my colleague was promoted. When I asked why I was not even called about the position, the response was, "Well, you just had twins." I realized I had to have a conversation about my goals. I let him know that I did want to apply for the job, and that being a mother made me an even smarter and more dedicated worker. This changed the way the company handled women in the workplace. Also, I got the job."

Tocci: "When my career took off, my husband and I made a decision together that he would be the stay-at-home parent for the critical years of our son's childhood. We were lucky to have that option. Women would say to me, 'Don't you feel bad being so busy with a young child at home?' My response was "I'd feel worse if my son saw that I wasn't able to pursue my passion."

Anvik: "In one of the worst economies in decades, I left a great job with summer Fridays, bonuses, health care and a guaranteed paycheck to launch a startup. I didn't listen to advice that perpetuated the idea that women should play it safe. I knew I would make it — and if I didn't, I was smart enough to figure out a Plan B."

3 The reaction

Tocci: "I don't think it's necessary to lead in an arrogant way and I think that is what Sandberg meant when she commented about the importance of being likable. My observation is that women aren't raised to lead. There have been thousands of years of instruction about being 'ladylike' and absolutely no guidance on being the person in charge. Now that women can be the person in charge, they should be conscious of moving toward that goal and not be afraid of the opportunity."

Lebenthal: "'Leaning in' means going for all the challenges openly. There isn't a teacher monitoring you and grading. It's every person for him or herself."

A. White: "I can't profess to having 'leaned in.' I'm not into actively promoting myself. My nature is to let my work speak for itself. Fortunately, I'm with an organization that has fully supported that."

Lindsay Anvik
CEO of See Endless, Inc.

Alison Tocci
President, City Parks Foundation

Hilary DeCesare
CEO and co-founder of Everloop.com

Anna White
Director of investment communications, GenSpring Family Offices

Alexandra Lebenthal
CEO of Lebenthal & Co.

Constance White
Former editor-in-chief of Essence Magazine

PLUS

Quoted

"In one of the worst economies in decades, I left a great job with summer Fridays, bonuses, health care and a guaranteed paycheck to launch a startup. I didn't listen to advice that perpetuated the idea that women should play it safe."

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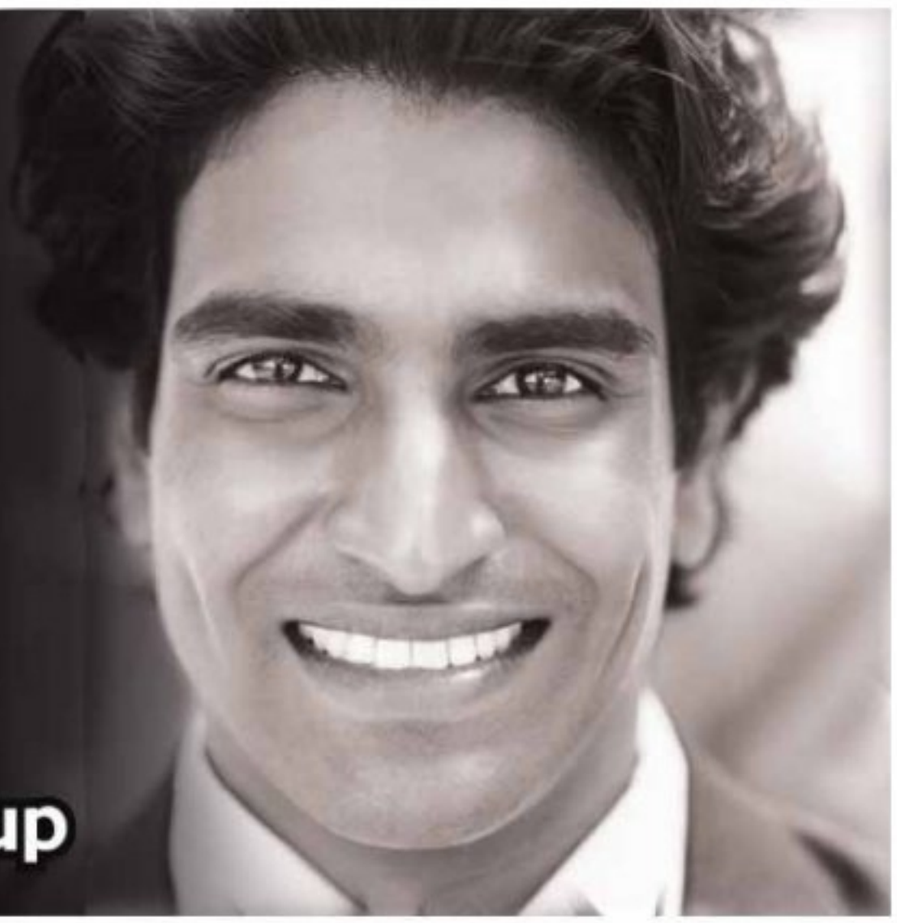

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3 SPORTS

Sea Dogged

Drew still not ready

Shortstop Stephen Drew isn't quite as ready to return for the home opener as the team hoped. Drew, who is currently with the Sea Dogs, had his game rained out on Saturday. He wants to get a couple more games under his belt before returning.

In the 'Middle'

Middlebrooks leads charge in Red Sox win

The Red Sox broke out the big bats in yesterday's win over the Blue Jays.

Will Middlebrooks had three home runs and four RBIs as the Sox jumped all over reigning NL Cy Young winner R.A. Dickey. Boston (4-2) put up five runs in the first inning and never looked back en route to a 13-0 win.

Daniel Nava, Jacoby Ellsbury and Mike Napoli all had homers in the game as well.

It all made for an easy day for starter Jon Lester, who lowered his ERA to 1.50 in two starts after seven shutout innings.

Six of the nine regulars in the lineup are now batting more than .300 through the first six games. METRO

Red Sox open Fenway with attendance streak in mind

Jacoby Ellsbury, seen here at last year's home opener, will take to the Fenway Park grass for the first time this season today. / ELSA, GETTY IMAGES

MLB. Boston is looking to bounce back from a disappointing record at Fenway last year.

"Friendly" Fenway Park wasn't so friendly for the Red Sox last season, as their 34-47 home record was their first losing record on Yawkey Way since 1997.

This year's team will look to get back on the winning track at home beginning Monday afternoon in the home opener against the Orioles (2:05 p.m., NESN).

The Red Sox have won their last eight, dating back to 2005.

Clay Buchholz will take to the mound Monday, fresh off of a strong performance against the Yankees. The right-hander went seven innings allowing just one run on six hits, picking up his first win of the year.

Baltimore will counter with left-hander Wei-Yin Chen. He took a no-decision in his first outing of the year, an 8-7 O's loss to Tampa. Chen is in his second big-league season and went 12-11 with a 4.02 ERA in 32 starts last year.

Monday's game will be another sellout, adding to the longest sellout streak in major-league history, dating back to May 15, 2003. But the streak may be coming to an end.

"Opening Day should be 794," Red Sox President Larry Lucchino said on Friday. "What happens after that is uncertain. What I am certain of is that the streak will probably end in April, in the first or second series."

RYAN HANNABLE
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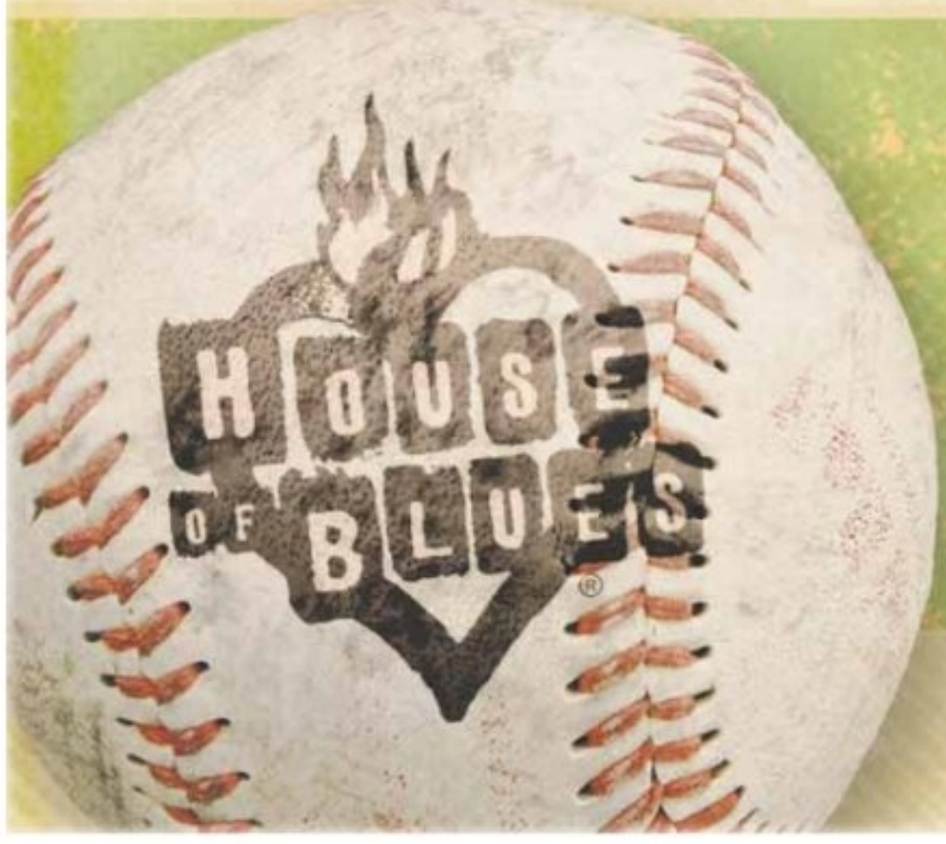

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NFL. Gronkowski suffers setback, needs another surgery on broken arm

Patriots tight end Rob Gronkowski seems to be developing a never-ending habit of arm surgeries.

Gronkowski will reportedly require a fourth surgery on his broken left arm after doctors discovered there is an infection. He will also need to have the plate in the arm removed in order to be sure the infection is completely removed.

The additional surgery would likely set back his return to football action another 10 weeks. While that only extends into July, it is possible that he could miss the beginning of training camp.

Gronkowski originally broke his forearm Nov. 18 against the Colts on a seemingly innocent block on an extra point. He returned Dec. 30 against Miami, but broke the arm again in the Patriots' first game of the playoffs against Houston.

The tight end has become one of the most dangerous offensive weapons in the league. He had 790 yards and 11 touchdowns in just 11 regular season games in 2012. He averaged at least 10 yards per catch in all but one game. He smashed the record for touchdown receptions by a tight end in 2011 with 17.

Gronkowski told ESPN just two weeks ago he was feeling much better in his rehab process. MARK OSBORNE

Where's Revis?

The Patriots' hypothetical main rivals, the Jets, continue to bicker with cornerback Darrelle Revis in their "will they, won't they" trade saga.

- **Revis is due a $3 million bonus tied up in workout clauses and the Jets want him to show up for minicamp April 15.** The Jets front office has reportedly not spoke to Revis, a free agent after 2013, since the end of the season.
- **He is currently in Arizona, avoiding the Jets' rehab facility and potential distractions it would cause.**

Rob Gronkowski's season isn't likely in danger, but he may be behind the eight ball heading into camp. / FREDERICK BREEDON, GETTY IMAGES

Still streaking

Knicks defeat Thunder in OKC

The Knicks took their 11-game win streak in Oklahoma City and emerged with it still intact.

New York picked up a 125-120 win behind 32 points from Carmelo Anthony. The magic number for them to win the Atlantic is now one. METRO

Ticket taker

Garnett back in starting lineup

The Big Ticket is ready to go.

Kevin Garnett returned to the lineup last night for his first game since March 22. He had missed eight games with a left ankle injury.

The Celtics have just five games left. METRO

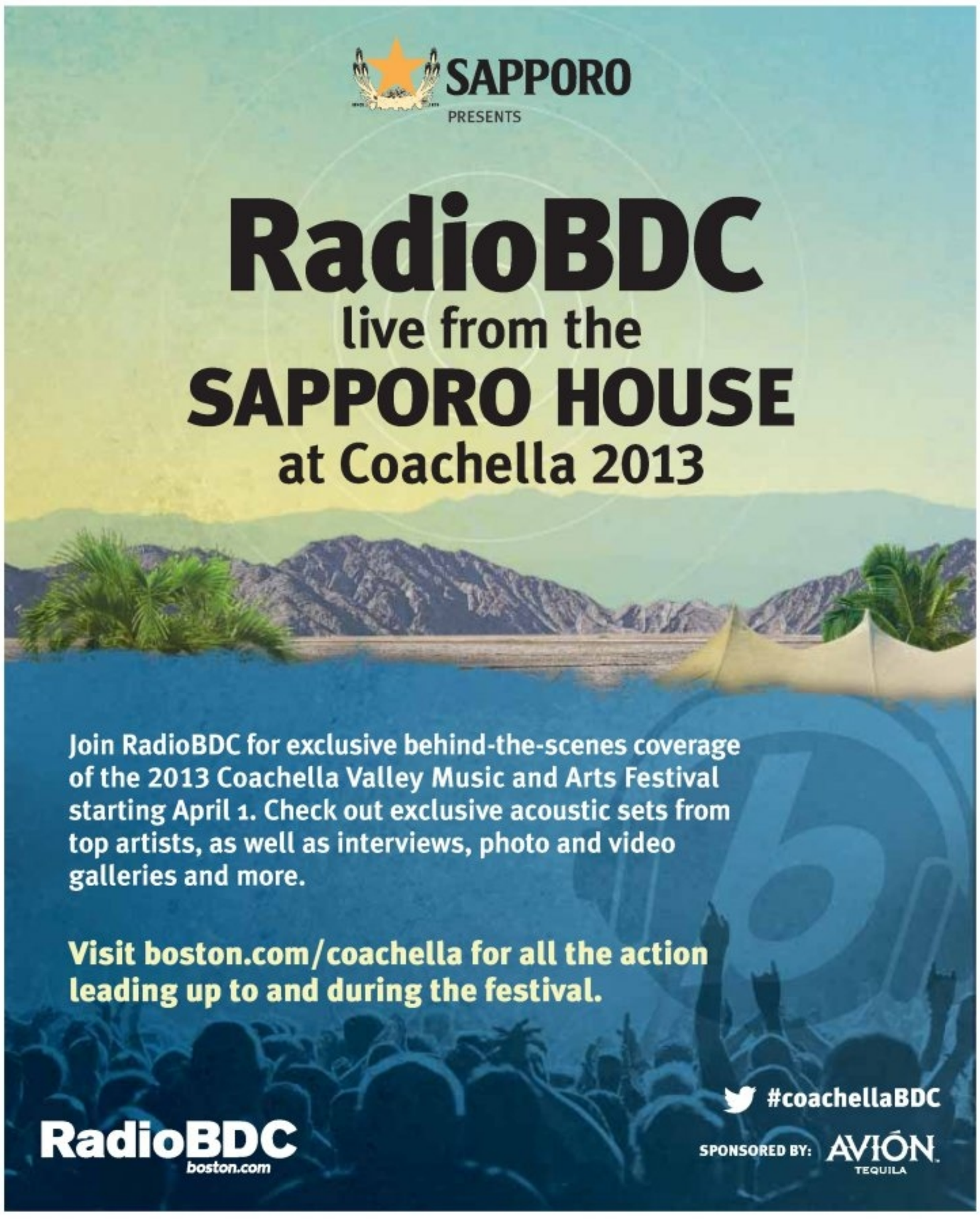
Garnett has six games to get ready for the playoffs. / GETTY IMAGES

National exposure

Bruins host 'Canes tonight

The Bruins welcome the struggling Hurricanes to the Garden (7 p.m., NHLN) for a game they badly need to win.

The Bruins are 5-4-1 over their last 10, but Carolina could be the tonic. They've won just one of their last 10. METRO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Michigan freshman Mitch McGary has been the breakout player of the tournament this year. / STREETER LECKA, GETTY IMAGES

Louisville, Michigan ready to square off

When Rick Pitino and the top-seeded Cardinals take to the floor tonight (9:23, CBS), he'll have a chance to do something no other NCAA coach has done: win titles at two schools.

It's an unbelievable accomplishment — and one Pitino says he couldn't care less about.

"I haven't thought about it for one second," Pitino said yesterday. "I want to win because I'm a part of this team."

To do so he'll have to beat Michigan, making its first title game appearance since 1993. That year's team, of course, featured the Fab Five. This year's squad features three freshman starters among its stars.

Russdiculous

20+

Louisville's Russ Smith became just the eighth player in NCAA tournament history to score 20-plus points in each of the first five tournament games and then play for a title.

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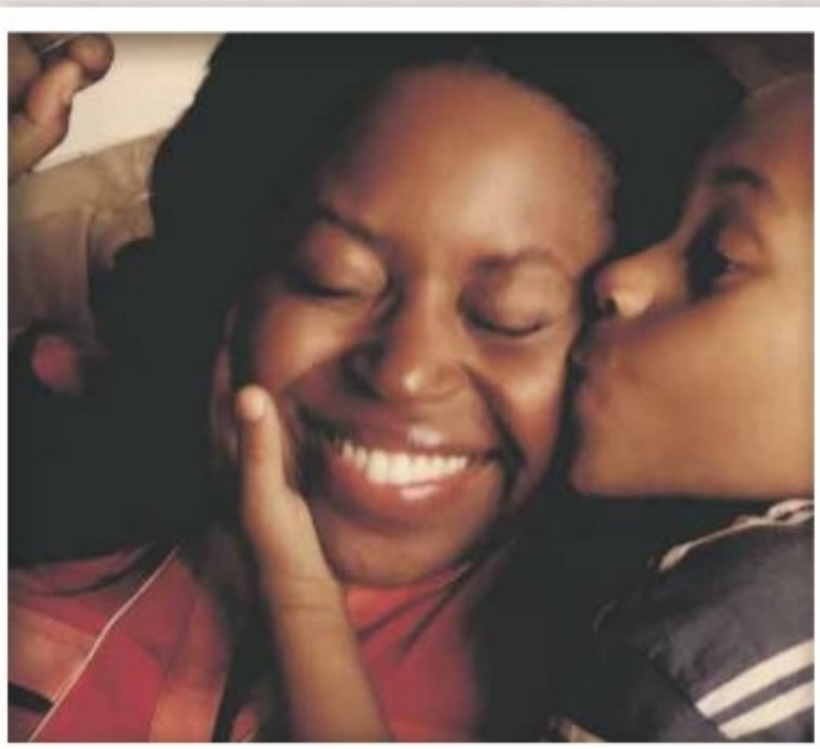

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